

| Platz | Startnr. | Name | JG | NAT | Verein/*Ort | AK | AK-PI | Brutto | min/km | km/h |
|-------|----------|---------------------------|----|-----|--------------------------|----|-------|---------|--------|-------|
| 1 | 1867 | Pies, Victoria | 99 | | SF Hörh-Grenzhausen | W7 | 1 | 0:02:00 | 4,01 | 14,96 |
| 2 | 1863 | Holly, Clara | 99 | | TuS Montabaur | W7 | 2 | 0:02:02 | 4,05 | 14,68 |
| 3 | 1861 | Fliegel, Lina | 00 | | SC Poseidon Koblenz | W6 | 1 | 0:02:02 | 4,06 | 14,66 |
| 4 | 1765 | Schmidt, Annika | 99 | | SV Bubenheim | W7 | 3 | 0:02:04 | 4,09 | 14,45 |
| 5 | 1769 | Schmidt, Helena | 99 | | SV Bubenheim | W7 | 4 | 0:02:11 | 4,22 | 13,74 |
| 6 | 1788 | Strang, Julia | 00 | | LG Maifeld-Pellenz | W6 | 2 | 0:02:13 | 4,26 | 13,53 |
| 7 | 1767 | Marquet, Katrin | 00 | | SV Landkern | W6 | 3 | 0:02:13 | 4,27 | 13,50 |
| 8 | 1810 | Schneider, Katrin | 00 | | LG Maifeld-Pellenz | W6 | 4 | 0:02:13 | 4,28 | 13,44 |
| 8 | 1824 | Laux, Johanna | 99 | | LG Maifeld-Pellenz | W7 | 5 | 0:02:13 | 4,28 | 13,44 |
| 10 | 1801 | Pünger, Nina | 99 | | TUS, Kettig | W7 | 6 | 0:02:14 | 4,29 | 13,40 |
| 11 | 1772 | Witte, Cordula | 99 | | *Polch | W7 | 7 | 0:02:15 | 4,31 | 13,30 |
| 12 | 1804 | Vaßen, Magdalena | 99 | | TUS Spay | W7 | 8 | 0:02:15 | 4,31 | 13,28 |
| 13 | 1838 | Schneider, Magdalena | 99 | | LA TuS Mayen | W7 | 9 | 0:02:15 | 4,31 | 13,26 |
| 14 | 1783 | Müller, Neele | 00 | | LG Maifeld-Pellenz | W6 | 5 | 0:02:16 | 4,33 | 13,17 |
| 15 | 1768 | Britz, Marie | 99 | | SV Bubenheim | W7 | 10 | 0:02:16 | 4,34 | 13,15 |
| 16 | 1851 | Pulger, Denise | 99 | | SV Kell | W7 | 11 | 0:02:17 | 4,34 | 13,12 |
| 16 | 1817 | Köbbing, Kristina | 00 | | LG Maifeld-Pellenz | W6 | 6 | 0:02:17 | 4,34 | 13,12 |
| 18 | 1866 | Foehrmann, Sina | 99 | | TB Andernach | W7 | 12 | 0:02:17 | 4,35 | 13,10 |
| 19 | 1766 | Ahmed, Hanna-Maria | 99 | | *Koblenz | W7 | 13 | 0:02:17 | 4,36 | 13,05 |
| 20 | 1827 | Hillen, Anne | 99 | | LG Boppard Bad Salzig | W7 | 14 | 0:02:19 | 4,38 | 12,94 |
| 21 | 1763 | Helf, Katrina | 99 | | LG Rhein Wied | W7 | 15 | 0:02:20 | 4,40 | 12,85 |
| 22 | 1761 | Welz, Clara | 99 | | *Bruttig-Fankel | W7 | 16 | 0:02:20 | 4,42 | 12,79 |
| 23 | 1800 | Pürling, Vera | 99 | | TUS, Kettig | W7 | 17 | 0:02:22 | 4,45 | 12,62 |
| 24 | 1751 | Lauxen, Sofia | 99 | | TUS Kaisersesch | W7 | 18 | 0:02:23 | 4,47 | 12,53 |
| 25 | 1821 | Jüllich, Elisa | 99 | | LG Maifeld-Pellenz | W7 | 19 | 0:02:23 | 4,47 | 12,53 |
| 26 | 1856 | Wilkens, Leonie | 99 | | Maifelder SV | W7 | 20 | 0:02:24 | 4,48 | 12,49 |
| 27 | 1826 | Ludwig, Hanna | 00 | | Griesson de Beukelaer | W6 | 7 | 0:02:24 | 4,49 | 12,46 |
| 28 | 1822 | Steiert, Julia | 99 | | LG Maifeld-Pellenz | W7 | 21 | 0:02:24 | 4,49 | 12,46 |
| 29 | 1777 | Bloch, Kyra | 01 | | LG Maifeld-Pellenz | W5 | 1 | 0:02:24 | 4,49 | 12,45 |
| 30 | 1832 | Dietrich, Maya | 99 | | LA TuS Mayen | W7 | 22 | 0:02:26 | 4,53 | 12,30 |
| 31 | 1789 | Walderich, Anna Katharina | 99 | | LG Maifeld-Pellenz | W7 | 23 | 0:02:26 | 4,54 | 12,25 |
| 32 | 1839 | Dawson, Vanessa | 99 | | VfB Polch | W7 | 24 | 0:02:27 | 4,54 | 12,24 |
| 33 | 1829 | Brost, Anna-Lena | 99 | | *Neuwied | W7 | 25 | 0:02:27 | 4,54 | 12,23 |
| 33 | 1855 | Noll, Nadine | 00 | | *Mertloch | W6 | 8 | 0:02:27 | 4,54 | 12,23 |
| 35 | 1820 | Dammenhayn, Annabel | 99 | | LG Maifeld-Pellenz | W7 | 26 | 0:02:28 | 4,56 | 12,15 |
| 36 | 1782 | Klöckner, Anna Klara | 00 | | LG Maifeld-Pellenz | W6 | 9 | 0:02:29 | 4,59 | 12,04 |
| 37 | 1811 | Otto, Johanna | 00 | | Grundschule Polch | W6 | 10 | 0:02:30 | 5,01 | 11,95 |
| 38 | 1799 | Günther, Nina | 00 | | *Polch | W6 | 11 | 0:02:30 | 5,02 | 11,93 |
| 39 | 1816 | Zöllner, Lena | 00 | | LG Maifeld-Pellenz | W6 | 12 | 0:02:31 | 5,02 | 11,90 |
| 40 | 1785 | Phasen, Rahel | 99 | | LG Maifeld-Pellenz | W7 | 27 | 0:02:32 | 5,04 | 11,84 |
| 41 | 1797 | Ackermann, Hannah | 01 | | TUS, Kettig | W5 | 2 | 0:02:32 | 5,05 | 11,82 |
| 42 | 1864 | Dötsch, Christina | 01 | | TuS Bassenheim | W5 | 3 | 0:02:33 | 5,06 | 11,75 |
| 43 | 1760 | Neudel, Julia | 99 | | FC Bayern München | W7 | 28 | 0:02:33 | 5,07 | 11,75 |
| 44 | 1845 | Klöckner, Nele | 00 | | | W6 | 13 | 0:02:34 | 5,08 | 11,68 |
| 45 | 1848 | Ladzin, Vanessa | 99 | | | W7 | 29 | 0:02:35 | 5,12 | 11,55 |
| 46 | 1818 | Götsch, Jamira | 99 | | LG Maifeld-Pellenz | W7 | 30 | 0:02:36 | 5,13 | 11,51 |
| 47 | 1852 | Augustin, Luisa | 00 | | LG Maifeld-Pellenz | W6 | 14 | 0:02:36 | 5,13 | 11,49 |
| 48 | 1771 | Bock, Johanna | 00 | | *Kölbingen | W6 | 15 | 0:02:36 | 5,14 | 11,47 |
| 49 | 1752 | Adam, Lara-Sophie | 00 | | Spvgg Nickenich | W6 | 16 | 0:02:37 | 5,15 | 11,43 |
| 50 | 1844 | Schmitt, Elisa | 99 | | TG Polch | W7 | 31 | 0:02:37 | 5,16 | 11,41 |
| 51 | 1831 | Mohr, Luzie | 99 | | *Binningen | W7 | 32 | 0:02:37 | 5,16 | 11,40 |
| 52 | 1806 | Weber, Lea | 00 | | LG Maifeld-Pellenz | W6 | 17 | 0:02:38 | 5,17 | 11,37 |
| 53 | 1762 | Pauken, Linda | 00 | | TV Welling | W6 | 18 | 0:02:40 | 5,21 | 11,23 |
| 54 | 1787 | Rüber, Paula | 01 | | LG Maifeld-Pellenz | W5 | 4 | 0:02:41 | 5,23 | 11,14 |
| 55 | 1840 | Reffgen, Marlene | 99 | | Faszination Regenwald eV | W7 | 33 | 0:02:43 | 5,27 | 11,01 |
| 56 | 1778 | Ehlen, Silke | 99 | | LG Maifeld-Pellenz | W7 | 34 | 0:02:44 | 5,28 | 10,97 |
| 57 | 1862 | Busch, Sibylla | 99 | | *Montabaur | W7 | 35 | 0:02:44 | 5,29 | 10,94 |

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | AK | AK-PI | Brutto | min/km | km/h |
|-------|----------|------------------------|----|-----|-----------------------------|----|-------|---------|--------|-------|
| 57 | 1858 | Bährens, Sophie | 99 | | TVM Miesenheim | W7 | 35 | 0:02:44 | 5,29 | 10,94 |
| 59 | 1819 | Bast, Julia | 99 | | LG Maifeld-Pellenz | W7 | 37 | 0:02:45 | 5,31 | 10,89 |
| 60 | 1847 | Ladzin, Julia | 00 | | | W6 | 19 | 0:02:45 | 5,31 | 10,88 |
| 61 | 1842 | Münstermann, Lucia-Mig | 99 | | TG Polch | W7 | 38 | 0:02:46 | 5,32 | 10,84 |
| 62 | 1813 | Steinborn, Katrin | 99 | | *Koblenz | W7 | 39 | 0:02:46 | 5,34 | 10,79 |
| 63 | 1781 | Kleemann, Santia | 99 | | LG Maifeld-Pellenz | W7 | 40 | 0:02:47 | 5,35 | 10,74 |
| 64 | 1815 | Hassel, Jaqueline | 01 | | LG Maifeld-Pellenz | W5 | 5 | 0:02:47 | 5,36 | 10,72 |
| 65 | 1759 | Hörsch, Jana | 00 | | *Gappelnach | W6 | 20 | 0:02:48 | 5,36 | 10,70 |
| 66 | 1796 | Schuster, Sarah | 99 | | *Bendorf / Rhein | W7 | 41 | 0:02:48 | 5,37 | 10,68 |
| 67 | 1786 | Rausch, Jana | 01 | | LG Maifeld-Pellenz | W5 | 6 | 0:02:48 | 5,38 | 10,66 |
| 68 | 1808 | Heinemann, Luisa | 00 | | LG Maifeld-Pellenz | W6 | 21 | 0:02:49 | 5,38 | 10,64 |
| 69 | 1784 | Mürtz, Melissa | 01 | | LG Maifeld-Pellenz | W5 | 7 | 0:02:49 | 5,39 | 10,62 |
| 70 | 1823 | Emmerich, Chantal | 99 | | LG Maifeld-Pellenz | W7 | 42 | 0:02:49 | 5,40 | 10,60 |
| 71 | 1803 | Bartz, Greta | 01 | | LT TuS Lonrig | W5 | 8 | 0:02:51 | 5,44 | 10,47 |
| 72 | 1779 | Geishecker, Sophia | 00 | | LG Maifeld-Pellenz | W6 | 22 | 0:02:52 | 5,45 | 10,45 |
| 73 | 1764 | Kolligs, Luisa | 01 | | *Mayen | W5 | 9 | 0:02:52 | 5,45 | 10,43 |
| 74 | 1807 | Trinkner, Leoni | 01 | | LG Maifeld-Pellenz | W5 | 10 | 0:02:54 | 5,48 | 10,34 |
| 75 | 1833 | Burmann, Lara | 00 | | LA TuS Mayen | W6 | 23 | 0:02:54 | 5,48 | 10,33 |
| 76 | 1758 | Dörle, Hedda | 02 | | *Gamlen | W4 | 1 | 0:02:55 | 5,50 | 10,29 |
| 77 | 1770 | Conrad, Nina | 01 | | VFB-Polch/Abtl. Fußball | W5 | 11 | 0:02:55 | 5,50 | 10,28 |
| 78 | 1854 | Seydel, Liz | 00 | | *Mayen | W6 | 24 | 0:02:55 | 5,52 | 10,24 |
| 79 | 1837 | Billigmann, Edith | 00 | | | W6 | 25 | 0:02:55 | 5,52 | 10,23 |
| 80 | 1836 | Hoffmann, Denise | 99 | | TG Polch | W7 | 43 | 0:02:55 | 5,52 | 10,23 |
| 81 | 1843 | Zimmermann, Pia | 02 | | | W4 | 2 | 0:02:56 | 5,52 | 10,22 |
| 82 | 1776 | Albrecht, Corinna | 02 | | LG Maifeld-Pellenz | W4 | 3 | 0:02:57 | 5,55 | 10,13 |
| 83 | 1859 | Berg, Paula | 01 | | | W5 | 12 | 0:02:59 | 5,59 | 10,02 |
| 84 | 1780 | Gries, Sophie | 01 | | LG Maifeld-Pellenz | W5 | 13 | 0:02:59 | 6,00 | 10,01 |
| 85 | 1755 | Petri, Clara | 99 | | *Andernach | W7 | 44 | 0:03:02 | 6,06 | 9,84 |
| 86 | 1814 | Endres, Annika | 02 | | LG Maifeld-Pellenz | W4 | 4 | 0:03:03 | 6,06 | 9,83 |
| 87 | 1830 | Ternes, Selina | 00 | | *Binningen | W6 | 26 | 0:03:03 | 6,08 | 9,79 |
| 88 | 1756 | Lauxen, Jule | 02 | | SV Landkern | W4 | 5 | 0:03:04 | 6,08 | 9,78 |
| 89 | 1853 | Pfennigsdorf, Pauline | 00 | | | W6 | 27 | 0:03:06 | 6,12 | 9,67 |
| 90 | 1753 | Marzinzik, Laura | 01 | | LT Maifelder SV | W5 | 14 | 0:03:09 | 6,19 | 9,50 |
| 91 | 1757 | Lauxen, Meike | 02 | | SV Landkern | W4 | 6 | 0:03:10 | 6,21 | 9,45 |
| 92 | 1792 | Gayk, Celina | 02 | | TG Polch Mutter-Kind-Turnen | W4 | 7 | 0:03:12 | 6,24 | 9,37 |
| 93 | 1790 | Wellems, Chantal | 01 | | *Polch | W5 | 15 | 0:03:14 | 6,28 | 9,28 |
| 94 | 1860 | Wirtz, Marion | 01 | | NIKI 7-Schweiz | W5 | 16 | 0:03:17 | 6,34 | 9,13 |
| 95 | 1825 | Sippmann, Ida Johanna | 02 | | *Mertloch | W4 | 8 | 0:03:17 | 6,34 | 9,13 |
| 96 | 1795 | Rottländer, Ida | 02 | | TG Polch Mutter-Kind-Turnen | W4 | 9 | 0:03:18 | 6,37 | 9,06 |
| 97 | 1773 | Vordemvenne, Emilie | 02 | | *Mendig | W4 | 10 | 0:03:19 | 6,39 | 9,02 |
| 98 | 1802 | Hartmann, Lara-Sophie | 02 | | LG Maifeld-Pellenz | W4 | 11 | 0:03:20 | 6,40 | 9,00 |
| 99 | 1754 | Homann, Grete | 02 | | *Andernach-Miesenheim | W4 | 12 | 0:03:20 | 6,41 | 8,97 |
| 100 | 1865 | Milles, Paula | 02 | | TV 05 Mülheim | W4 | 13 | 0:03:27 | 6,55 | 8,68 |
| 101 | 1774 | Adams, Alina | 02 | | LG Maifeld-Pellenz | W4 | 14 | 0:03:28 | 6,58 | 8,62 |
| 102 | 1793 | Hermen, Ann-Kathrin | 02 | | TG Polch Mutter-Kind-Turnen | W4 | 15 | 0:03:31 | 7,03 | 8,51 |
| 103 | 1850 | Schröder, Emma | 02 | | | W4 | 16 | 0:03:32 | 7,05 | 8,46 |
| 104 | 1841 | Münstermann, Lillien-M | 01 | | TG Polch | W5 | 17 | 0:03:33 | 7,07 | 8,44 |
| 105 | 1846 | Reimuth, Lisa | 02 | | LG Maifeld-Pellenz | W4 | 17 | 0:03:33 | 7,08 | 8,42 |
| 106 | 1857 | Rudorfer, Laura | 02 | | TV Polch | W4 | 18 | 0:03:36 | 7,13 | 8,31 |
| 107 | 1834 | Francini, Julia | 02 | | LA TuS Mayen | W4 | 19 | 0:03:45 | 7,31 | 7,99 |
| 108 | 1849 | Ackermann, Klara | 02 | | SV Hattenport-Löf | W4 | 20 | 0:03:48 | 7,36 | 7,89 |
| 109 | 1794 | Rotta, Anna | 01 | | TG Polch Mutter-Kind-Turnen | W5 | 18 | 0:03:49 | 7,38 | 7,86 |
| 110 | 1791 | Beu, Celina | 01 | | TG Polch Mutter-Kind-Turnen | W5 | 19 | 0:03:58 | 7,57 | 7,55 |
| 111 | 1775 | Adams, Julia | 01 | | LG Maifeld-Pellenz | W5 | 20 | 0:04:08 | 8,17 | 7,24 |
| 112 | 1805 | Bartz, Anna | 00 | | LG Maifeld-Pellenz | W6 | 28 | 0:04:52 | 9,45 | 6,16 |
| 113 | 1798 | Wilbert, Pia | 02 | | *Koblenz | W4 | 21 | 0:05:07 | 10,14 | 5,86 |